



The PE Department

Week 14

Please send text, pictures or videos of your child taking part in one of the activities set in this powerpoint. Email them to your child's teacher who will forward it on to the PE department.

Dear Parents/Carers and Children,

Due to the current circumstance it is likely yourself and the children that you care for may be off for some time. With your help we are hoping your child can still lead a healthy an active lifestyle in these challenging times.

The children here at The Palmer Academy not only thrive in PE but also depend on PE as it is an integral part of many children's life here.

National guidelines state that children keep active for 30 minutes a day. This is of the utmost importance to keep your child healthy mentally and physically.

The sports team suggest whilst keeping yourself healthy is paramount you still get daily fresh air whether it's going to the park, playing in the garden or going for a walk.

We also suggest that children get into a set routine of waking up a certain time kick starting there day with a healthy breakfast and having a structured day as best as possible, this will help keep your child mentally and physically fit ready to return to school.

With this is mind the PE department will be using the school website and Microsoft teams to set simple but fun challenges that you can try with your children whilst being at home. If you would like to send text, pictures or videos of your child taking part in one of the activities set in this powerpoint, then please email your child's teacher who will forward it on to the PE department.

Please stay active and more importantly stay safe.

Mr Soares-Mistry & Mr Charman

Videos Week 14

Below are links to Youtube videos where you and your family can exercise together. All you need is a small space inside or outside and use of a smart, tablet, laptop, computer or smart TV. All the videos are aimed at all ages.

The HIIT (High Intensity Interval Training) videos are aimed at more dynamic, heart raising exercise movements.

<https://www.youtube.com/watch?v=L-8wW40jTzc>
<https://www.youtube.com/watch?v=VMj2ZgQqsNA>



Just Dance videos are video's if just want to have a boogie to your favourite songs.

<https://www.youtube.com/watch?v=h-XaED3AFR8>
<https://www.youtube.com/watch?v=J1T23X5SSBY>

Cosmic Kids Yoga videos are if you are looking for something more relaxing.

<https://www.youtube.com/watch?v=0hvwlDk5D5g>
<https://www.youtube.com/watch?v=ho9uttOZdOO>

These are just a choice of videos that the PE team have chosen, but feel free to browse youtube for any other exercise videos.

Week 14

Mr Charman 1

Minute

Challenges

Striking for Distance

Watch the video to explain how to do the challenge.

https://www.youtube.com/watch?v=g4aNXE3i7AE&list=PLYGRal_uWWT0jV3An2WEgsQ4qGFy_91jDL&index=16

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can get the highest score.



Striking for Distance

How many times can you hit an object in 1 minute?



Quiz Week 14

Rugby Questions

The answers will be on the last slide.

Six Nations Rugby Scores

Here are the results from the last round of the Six Nations.

England	38	vs	38	Scotland
Italy	14	vs	25	France
Wales	25	vs	7	Ireland

1. Which teams scored the most points? _____
2. Which team scored the fewest points? _____
3. Are the statements below about the number of points each team scored true or false?
 Wales > England
 Italy < France
 England = Scotland
4. How many points did England and Scotland score altogether? _____
5. How many more points did Wales score than Ireland? _____
6. How many points did France, Italy and Wales score altogether? _____

Want to know more about how to play rugby in your school?

If your students were inspired by these resources, please visit:
www.englishrugby.com/kidsfirst



Change 4 life Shake Up Games - Week 14

Ben's Climbing Wall

<https://www.nhs.uk/change4life>

1 Get 12 sheets of paper and write "red" on 3, "yellow" on 3, "blue" on 3 and "green" on 3. Mix them all up and lay them on the ground.



2 Choose 1 person to pretend to be Ben. They then stand with their back to the climbing wall, calling out a colour 1 at a time.



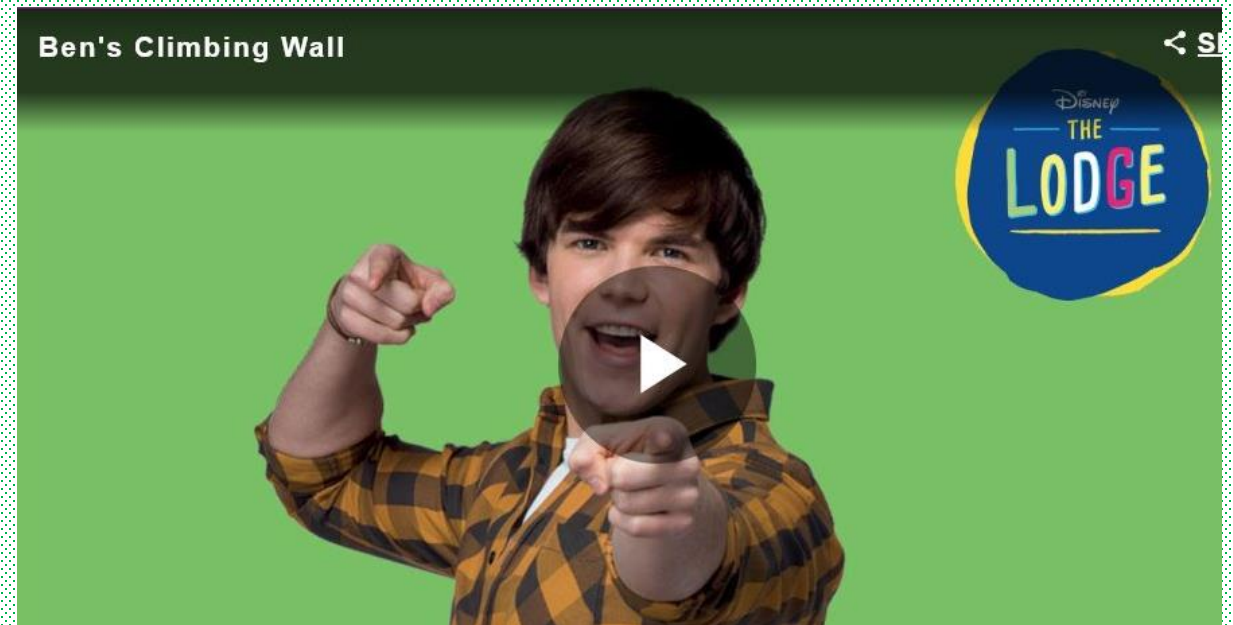
3 With every call out, each player must place a hand or foot on the chosen colour.



4 Keep it in place as Ben calls out the next colour. Stretch or bend to reach the next colour.



5 Keep going until someone falls. Whoever falls then becomes Ben.



As a keen climber, Ben's ready for any challenge. Can you take on this climbing wall, or will you crumble?

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Healthy Recipes

Prep time

5 mins

Cooking time

15 mins

Effort

Super easy

Serves

4

Ingredients

1 tsp olive oil

1 small onion, finely chopped

1 garlic clove, crushed or finely chopped

400g chopped tomatoes

2 tbsp tomato purée

2 tsp dried mixed herbs

1 pinch ground black pepper

350g dried spaghetti

1 tbsp chopped fresh basil, to garnish

Method



- 1 Heat the **oil** in a saucepan or frying pan. Add the **onion** and cook over a medium heat for 3 to 4 minutes, until soft.

This sauce makes a great cover for some hidden veg to help towards your 5 A Day. You could try adding finely chopped peppers or courgettes to cook with the onions. And if the sauce is a bit chunky, simply blend or purée it at the end.

- 2 Add the **garlic**, and cook gently for another minute. Add the **chopped tomatoes, tomato purée** and **mixed herbs**. Season with **pepper** and then simmer gently, stirring every now and again, for 15 minutes or until the sauce is thick and rich.

- 3 After the sauce has been simmering for 8 to 10 minutes, start cooking the **spaghetti** according to pack instructions.

- 4 Drain the spaghetti and serve with the sauce, topped with **fresh basil** or other chopped herbs, if you like.

Perfect pasta and tomato sauce recipe



This quick and easy tomato sauce is the perfect mid-week meal - and it freezes brilliantly too!

Videos Week 1-13

The HIIT (High Intensity Interval Training) videos are aimed at more dynamic, heart raising exercise movements.

<https://www.youtube.com/watch?v=mhHY8mOOQ5eo>
https://www.youtube.com/watch?v=L_A_HjHZxfI
<https://www.youtube.com/watch?v=oiTaFviEt74>
<https://www.youtube.com/watch?v=lc1Ag9m7XQo>
<https://www.youtube.com/watch?v=dhCM0C6GnrY>
https://www.youtube.com/watch?v=0_2gU2E0HOQ
<https://www.youtube.com/watch?v=GHCqRsrQwNU>
<https://www.youtube.com/watch?v=uzOe2ImO1rk>
https://www.youtube.com/watch?v=wwkrup_TG6I
<https://www.youtube.com/watch?v=9WgkiB-GQMI>
<https://www.youtube.com/watch?v=BMkUphRBJ9Q>
https://www.youtube.com/watch?v=Ms8_ZbgTNIw
<https://www.youtube.com/watch?v=-Z2Jhchtt8M>
https://www.youtube.com/watch?v=aNI_WIGS3Cg
<https://www.youtube.com/watch?v=vneFIWOJvU>
<https://www.youtube.com/watch?v=X79SI0CnMR0>
<https://www.youtube.com/watch?v=o4enAQIAN0>
<https://www.youtube.com/watch?v=ml6cT4AZdqI>
<https://www.youtube.com/watch?v=FNFYZ2n90RI>
<https://www.youtube.com/watch?v=vncKnAPhgtg>
https://www.youtube.com/watch?v=gC_L9qAHVJ8
<https://www.youtube.com/watch?v=A1h0WR6Xbt4>
<https://www.youtube.com/watch?v=WxSexSQJmKY>
<https://www.youtube.com/watch?v=oL4aAhfwZCM>
<https://www.youtube.com/watch?v=S9Yd9eV3RgQ>
<https://www.youtube.com/watch?v=we8Z5mFBnI>

Cosmic Kids Yoga videos are if you are looking for something more relaxing.

<https://www.youtube.com/watch?v=40SZI84Lr7A>
[https://www.youtube.com/watch?v=coC0eUSm-
pc&list=PL8snGkhBF7nh4KvxYYYjhFzXMj6Abstly&inde
x=2](https://www.youtube.com/watch?v=coC0eUSm-
pc&list=PL8snGkhBF7nh4KvxYYYjhFzXMj6Abstly&inde
x=2)
<https://www.youtube.com/watch?v=2pgR87RVD14>
<https://www.youtube.com/watch?v=RxwziZzFef4>
https://www.youtube.com/watch?v=dnOL4V5_qaM
<https://www.youtube.com/watch?v=eughyYPoExk>
<https://www.youtube.com/watch?v=dpY4ZTV7Fm0>
https://www.youtube.com/watch?v=G74_o_43_RQ
<https://www.youtube.com/watch?v=3blcf82Ck8A>
<https://www.youtube.com/watch?v=ri8rkTnCedU>
<https://www.youtube.com/watch?v=t29UjRbBasg>
https://www.youtube.com/watch?v=SHIL6F4fz_Y
<https://www.youtube.com/watch?v=bMZAuhadz2Y>
<https://www.youtube.com/watch?v=6X683tNMGxQ>
<https://www.youtube.com/watch?v=8ay3ooki7Qo>
<https://www.youtube.com/watch?v=0WwrcEm9TAI>
<https://www.youtube.com/watch?v=ziLHZeKbMUo>
https://www.youtube.com/watch?v=CXM37IjOb_w
https://www.youtube.com/watch?v=iS_B6Jhlpsg
<https://www.youtube.com/watch?v=IQmAU886IAw>
<https://www.youtube.com/watch?v=yt-dk7aQhPs>
<https://www.youtube.com/watch?v=9Hgp165NTG0>
<https://www.youtube.com/watch?v=b5LLfdhGekA>
<https://www.youtube.com/watch?v=pTQcOLQeEbU>

Just Dance videos are if just want to have a boogie to your favourite songs.

https://www.youtube.com/watch?v=gCzgc_ReIBA
<https://www.youtube.com/watch?v=hfY4yI1fMkY>
<https://www.youtube.com/watch?v=u8sEfrXRuAw>
<https://www.youtube.com/watch?v=02E1468SdHg>
<https://www.youtube.com/watch?v=xlg052EKMtk>
<https://www.youtube.com/watch?v=obzFP6eEGAg>
<https://www.youtube.com/watch?v=gCLW77sABTc>
<https://www.youtube.com/watch?v=wyvyO7bgNKg>
<https://www.youtube.com/watch?v=pTQcOLQeEbU>
https://www.youtube.com/watch?v=j_3weVPH0-U
<https://www.youtube.com/watch?v=qlT-9Nnlvn0>
<https://www.youtube.com/watch?v=MEp9euhuu2E>
<https://www.youtube.com/watch?v=Rzw-Oir8UPw>
<https://www.youtube.com/watch?v=Fz0tZNq1pm8>
https://www.youtube.com/watch?v=5y3gCrL_XIM
https://www.youtube.com/watch?v=T_0P5grVoyg
<https://www.youtube.com/watch?v=rnlDBKD2S78>
<https://www.youtube.com/watch?v=E6bCgeR1b2E>
https://www.youtube.com/watch?v=v_U7ERmMGz_U
<https://www.youtube.com/watch?v=GVh-INPd2eI>
<https://www.youtube.com/watch?v=BQ9g4U2P3ig>
<https://www.youtube.com/watch?v=KhfkYzUwYFk>
<https://www.youtube.com/watch?v=psUPYR235O8>
<https://www.youtube.com/watch?v=1b6axyuaKcY>

Week 1

Mr Charman 1 Minute Challenges

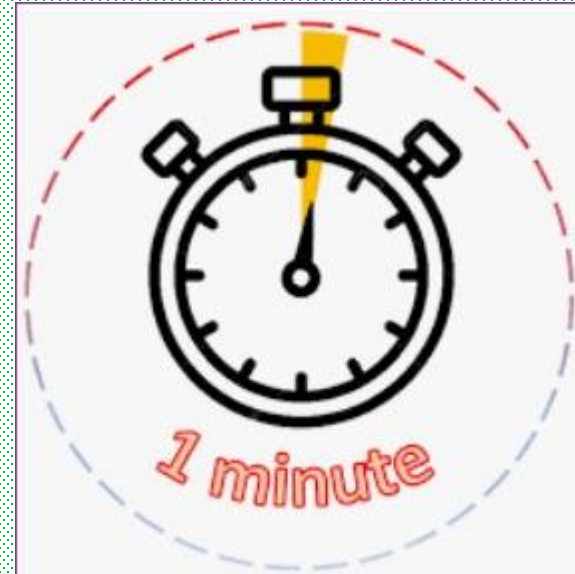
These simple challenges can be completed with all the family. You might want to make it into a competition to see who can do the most within the 1 minute time frame.

Team Super Schools Special

How many.....

1. Star Jumps
2. Spotty Dogs
3. Leg Drives
4. Touch Jumps

Can you do in 1 minute?



Week 2

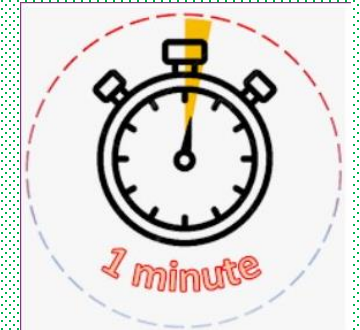
Mr Charman 1 Minute Challenges

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can do the most within the 1 minute time frame.

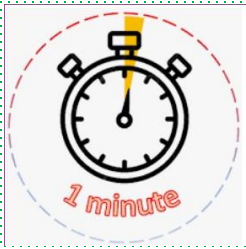
Ball Challenges- These can be performed with any size ball or catchable object

How many.....

1. Individual throw and catch, ball must go above your head
2. Partner throw and catch, if you want to have a bigger group that is cool
3. Bouncing ball- two hands
4. Bouncing ball- one hand
5. Keepy uppie- individual
6. Keepy uppie- partners



Can you do in 1 minute?



Week 3

Mr Charman 1

Minute Challenges

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can do the all the balances.

Gymnastics- Individual balances

Can you perform and hold each balance for 1 minute?

Are you able to hold each balance for longer than 1 minute?



HALFWAY
HANDSTAND



BROKEN
CANDLESTICK



SPLIT
STAND



THE PEG LEG



THE ANKLE
HOLD



PLANK



SIDE
PLANK



ELBOW
STAND



SUNSHINE



BRIDGE



TOE TOUCH



SITTING
TOE TOUCH



CRISS CROSS
APPLE SAUCE



WARRIOR



SIDWAYS
STRETCH



DAZZLER



LAZY
TOE TOUCH



TOE POINTER



SPLIT



AIR CHAIR



HANDSTAND



HEADSTAND



TRIPOD



CANDLESTICK



HANDSTAND
STRADDLE

Week 4

Mr Charman 1 Minute Challenges

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can do the most within the 1 minute time frame.

Burpees Challenge

How many burpees can you do in 1 minute?

If you want another burpee challenge watch the video below which will give you different variations you can try.

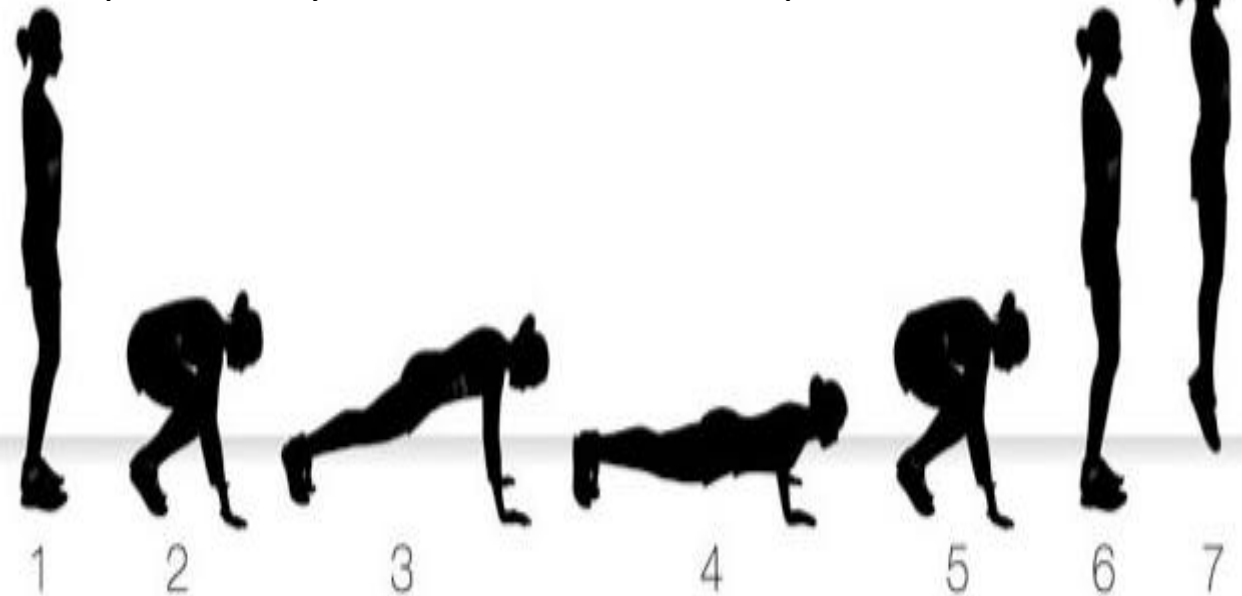
You might be able to create your own burpee!!

<https://www.youtube.com/watch?v=nJTkHSOZyol>



The link below explains how to perform a burpee correctly

<https://www.youtube.com/watch?v=qLBImHhCXSw>



Week 5

Mr Charman 1

Minute Challenges

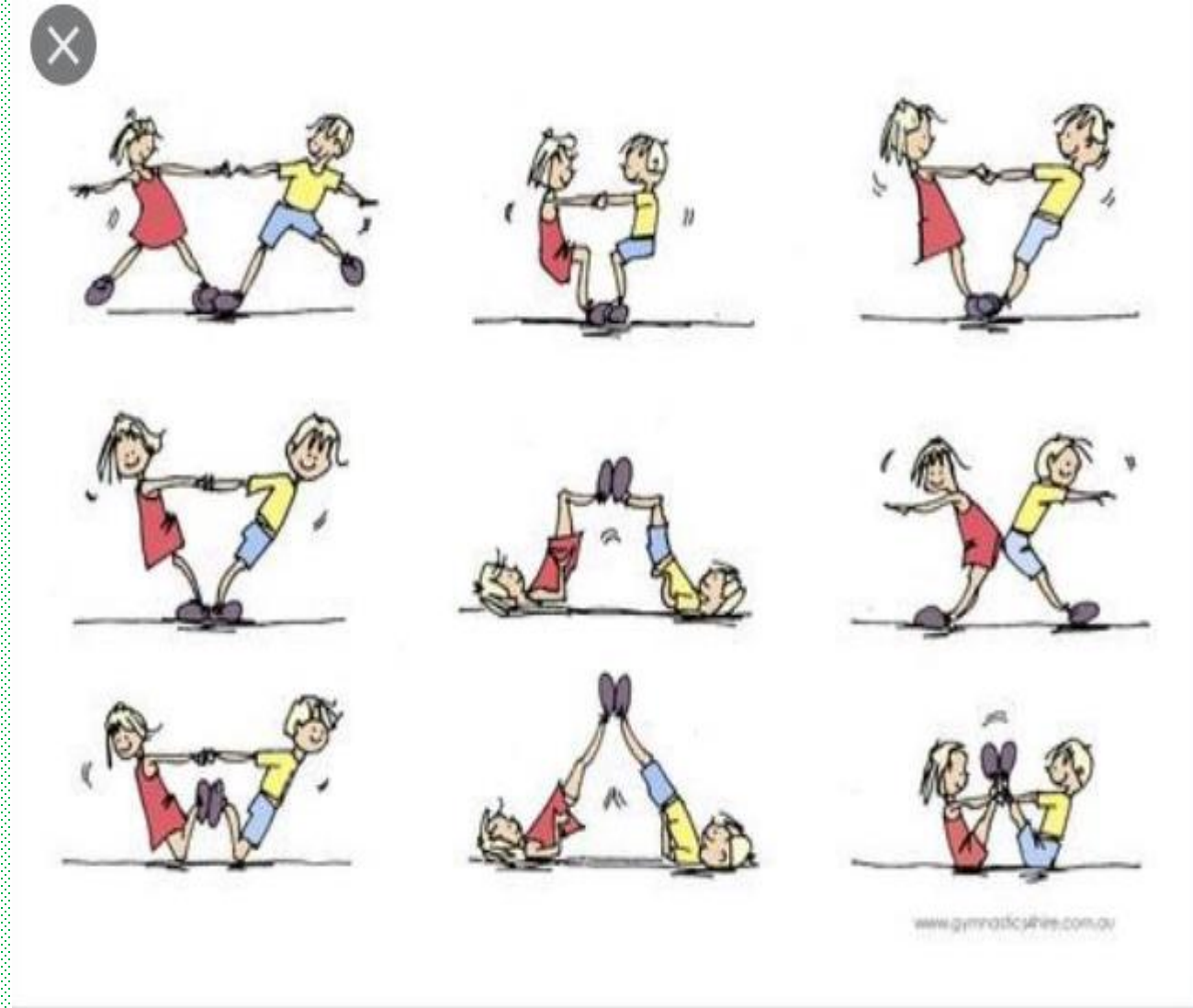
These simple challenges will need to be completed with another person. How many partner balances can you do in 1 minute?

Gymnastics- Partner Balances

Can you perform and hold each balance for 1 minute?

Are you able to hold each balance for longer than 1 minute?

How many can do in one minute?



Week 6

Mr Charman 1

Minute Challenges

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can hold the plank for the longest amount of time.

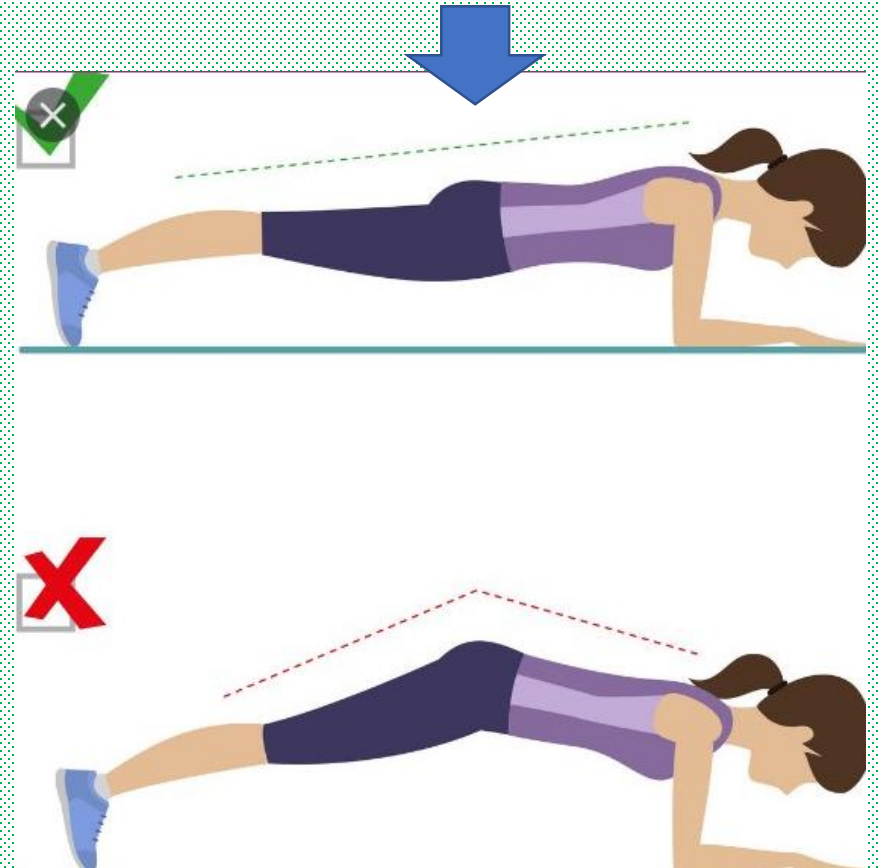


The Plank Challenge

Can you hold the plank position for minute?

Are you able to hold the plank for longer than 1 minute?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



The link below will explain how to do a plank correctly.

https://www.youtube.com/watch?v=ASdvN_XEI_c

Week 7

Mr Charman 1

Minute

Challenges

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can react the quickest and get the highest score.



Reaction Wall Challenge

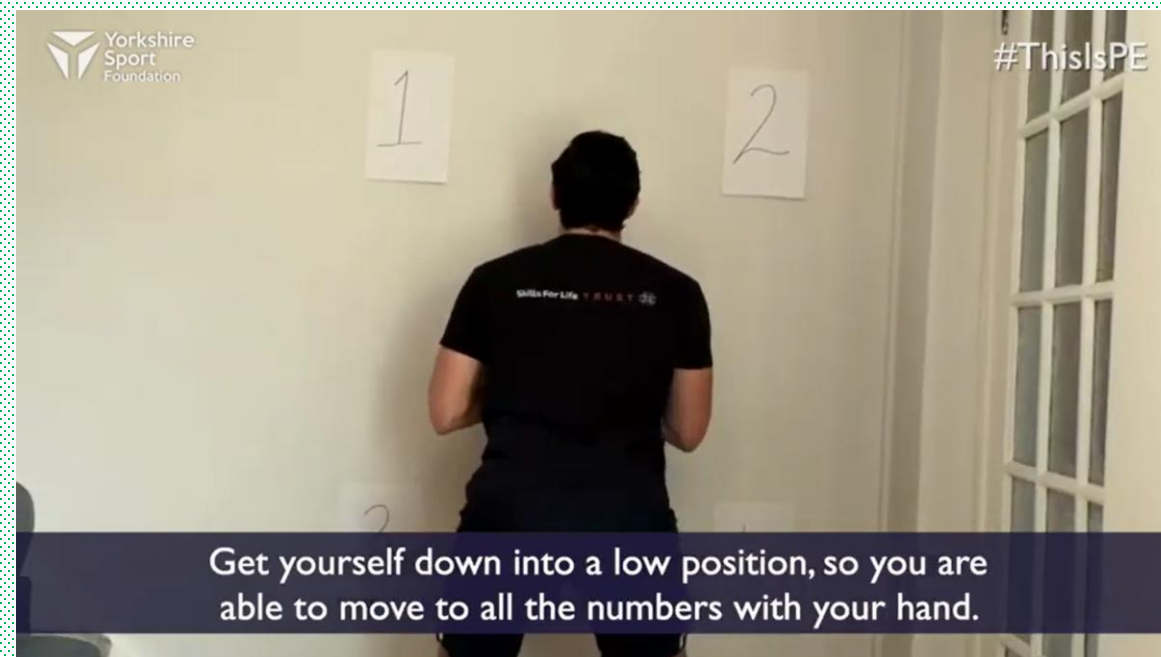
How many numbers can you touch in 1 minute?

You can change the numbers for colours or everyday objects.

Reaction Wall Challenge

Watch the video to explain how to do the challenge.

https://www.youtube.com/watch?v=D_KaDUryDes&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=20



Week 8

Flat Target Accuracy

Mr Charman 1

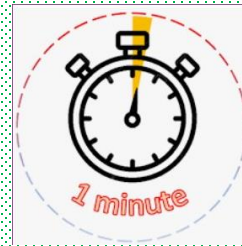
Minute

Challenges

Watch the video to explain how to do the challenge.

https://www.youtube.com/watch?v=dxnX2W3LcDY&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=11

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can get the highest score.



Flat Target Accuracy Challenge

How many points can you get in 1 minute?

You can change the size of the target to make the challenge harder or easier.



Week 9

Treasure Chest

Mr Charman 1

Minute

Challenges

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can get the highest score.



Treasure Chest

How many items can you transfer in 1 minute?

You can change the time or number of items to make the challenge harder or easier.

Watch the video to explain how to do the challenge.

https://www.youtube.com/watch?v=tT5cjM3m_Tk&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=23



Week 10

Balloon Blasting

Mr Charman 1 Minute Challenges

Watch the video to explain how to do the challenge.

https://www.youtube.com/watch?v=08AlvWfmJlo&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=6

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can get the highest score.



Balloon Blasting

How many times can you strike the ballon in 1 minute?

You can have a rally with your partner, how many passes can you do in 1 minute?



Week 11

Mr Charman 1

Minute

Challenges

Watch the video to explain how to do the challenge.

https://www.youtube.com/watch?v=pbmO3ZRREHE&list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&index=21

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can get the highest score.



Lilly Pad Jumping

How many lily pads can you jump to in 1 minute?

Can you change the style of your jump or add an obstacle?



Week 12

Mr Charman 1

Minute

Challenges

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can get the highest score.



Coordination with ball skills

How many bounces on your racket can you do in 1 minute?

How many passes can you do in a rally with your partner in 1 minute?

Coordination with ball skills

Watch the video to explain how to do the challenge.

https://www.youtube.com/watch?v=lvySZYSZFNY&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=2



Week 13

Mr Charman 1

Minute

Challenges

Horizontal Climbing

Watch the video to explain how to do the challenge.

https://www.youtube.com/watch?v=jSP-fWmk36A&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=17

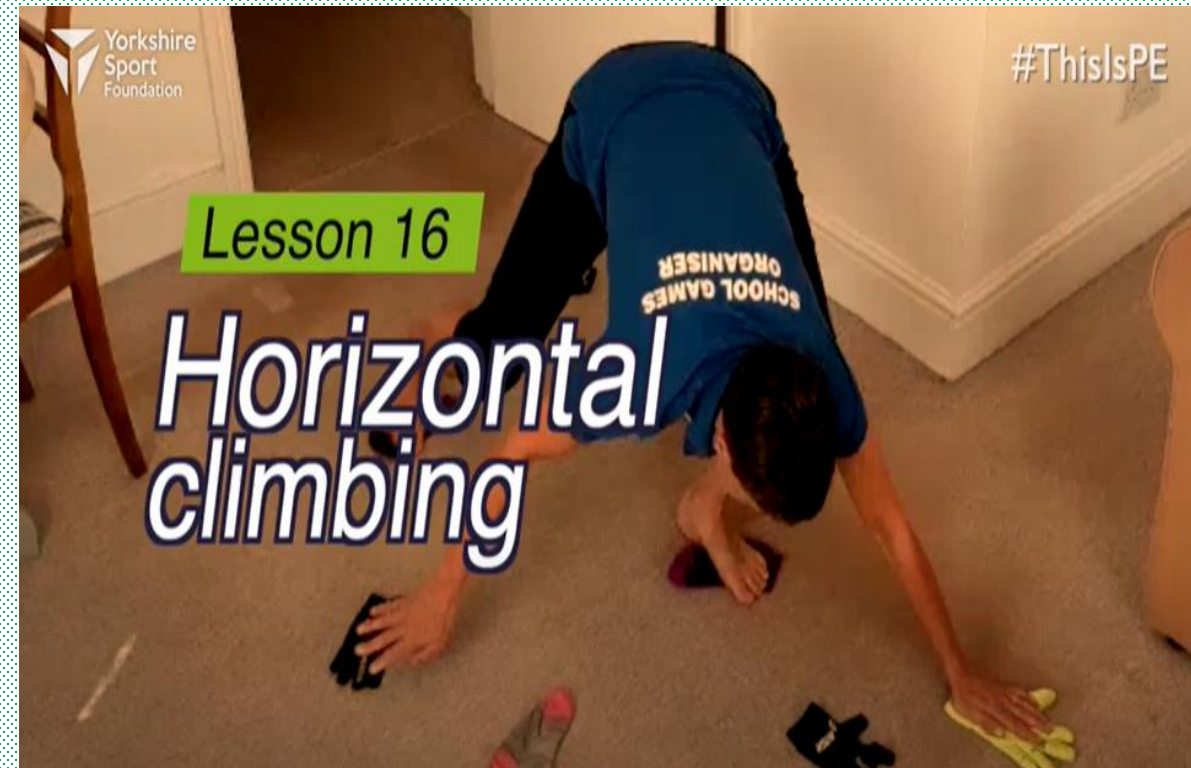
These simple challenges can be completed with all the family. You might want to make it into a competition to see who can get the highest score.



Horizontal Climbing

Can you travel from one side to another in under 1 minute?

Can you make the route harder by adding obstacles?



Quiz

Week 1

Can you guess what sporting silhouettes are below?

Answers will be on the last slide.



Quiz

Can you answer the sporting questions?

Answers will be on the last slide.

Week 2

Quiz Questions

1. If I score 4 baskets in basketball in the semi circle area, and 1 outside the semi circle, many points do I have?
2. Which wizarding sport played on broomsticks does Harry Potter play?
3. Name the golfer whose first name is the same as a big cat?
4. Which country does footballer Lionel Messi play for?
5. How many rings are there on the Olympic flag?
6. How many points do you get if you score a try in rugby?
7. Which type of swimming stroke has the same name as a flying insect?
8. Is Mo Farah a champion at athletics, football, swimming or tennis?
9. What is the name of the object that is hit in badminton?
10. A caddy is the person who carries a player's bag in which sport?
11. What is the name of the person who rides a horse in horse racing called?
12. How many goals are scored if a player has a hat-trick?
13. Which country won the 2019 Rugby world Cup?
14. Name 5 netball positions.

Quiz Week 3

Word search

The answers
will be on the
last slide



Sports Word Search

DIRECTIONS: Circle the names of the different sports from the word list in the letter grid below. To find them all you will have to look in every direction, including backwards and diagonally. Good luck!



Archery
Athletics
Badminton
Baseball
Basketball
Boxing
Cricket
Diving

Fencing
Football
Formula One
Golf
Gymnastics
Handball
Hockey
Judo

Lacrosse
Polo
Rugby
Sailing
Skiing
Soccer
Softball
Squash

Sumo
Surfing
Swimming
Taekwondo
Tennis
Volleyball
Weightlifting
Wrestling

Quiz

Week 4

Sporting Stars



Can you name all of these famous sporting stars?

The answers will be on the last slide



Quiz

Week 5

Sporting Anagrams

Can you rearrange the letters to make a sport?

The answers will be on the last slide

1. Ask tab bell
2. float lob
3. By rug
4. My cats sign
5. Choice key
6. Ant bell
7. Each tilts
8. Sent in
9. Mob and tin
10. Sun or red
11. Leg do bald
12. A comfortable nail

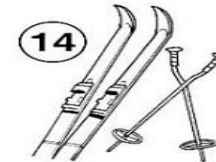
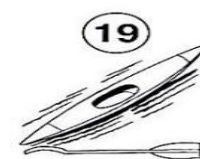
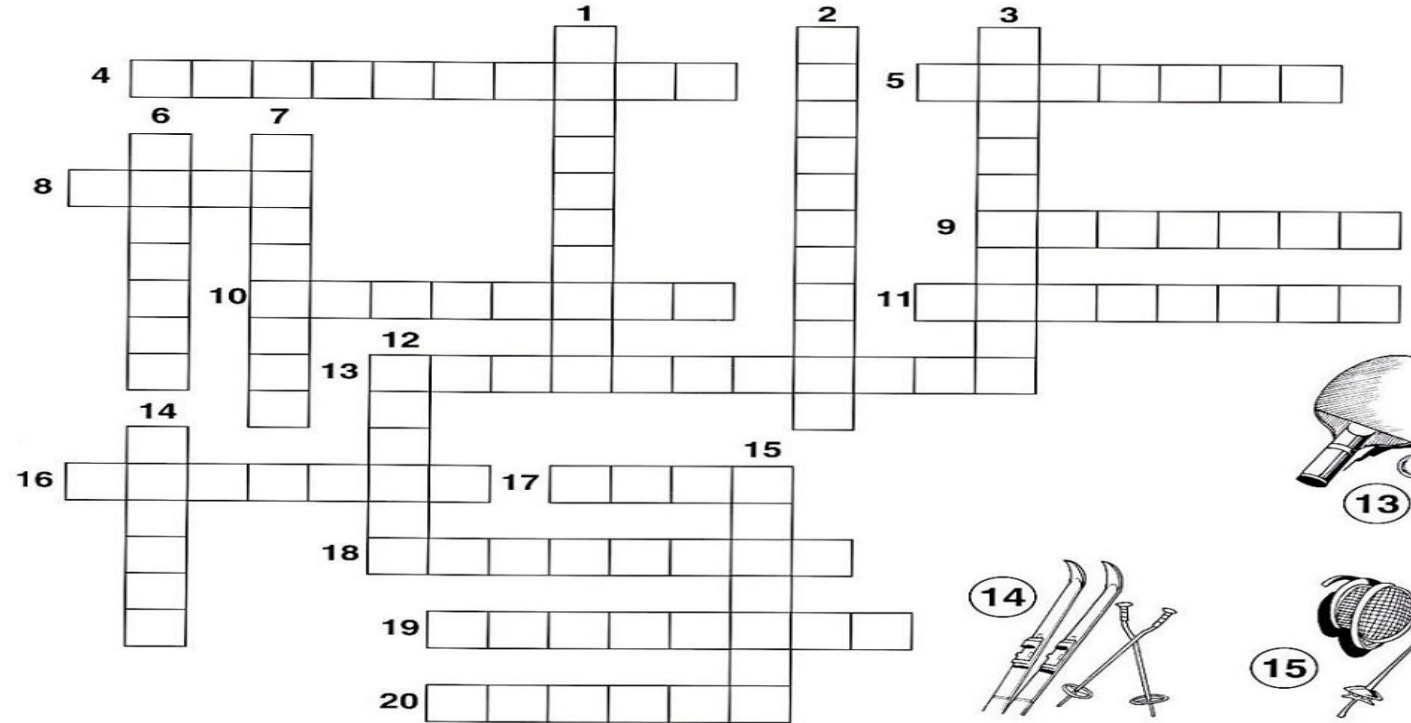
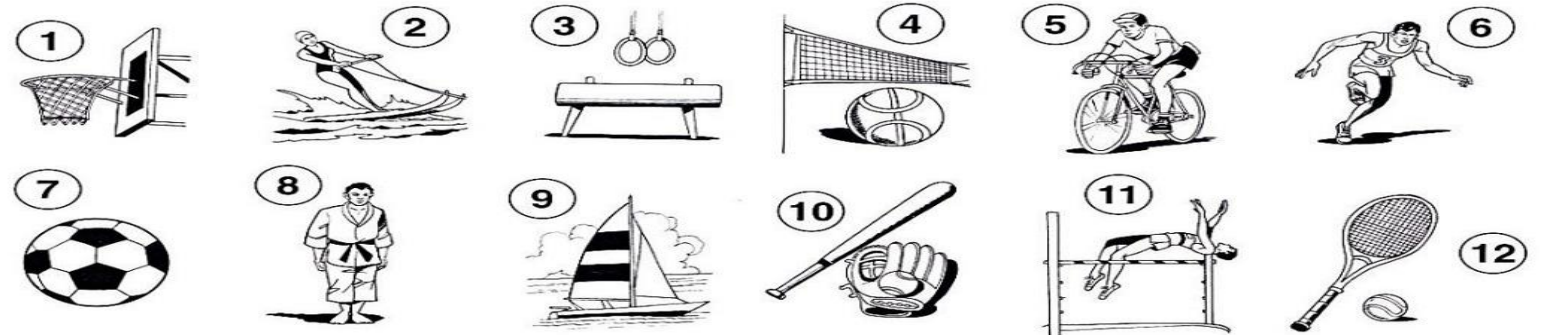
Quiz

Week 6

Sport Crossword

Can you use the picture clues to work out the answers?

The answers will be on the last slide



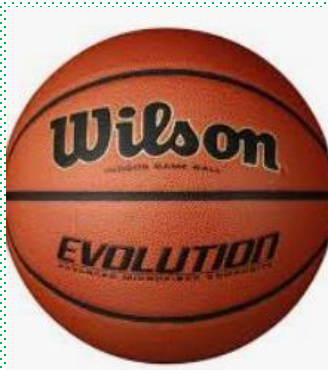
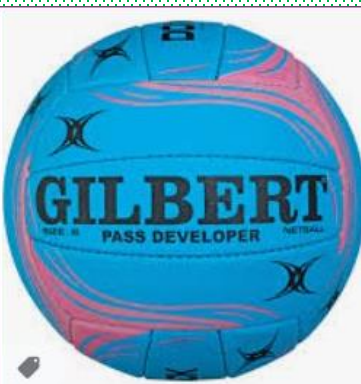
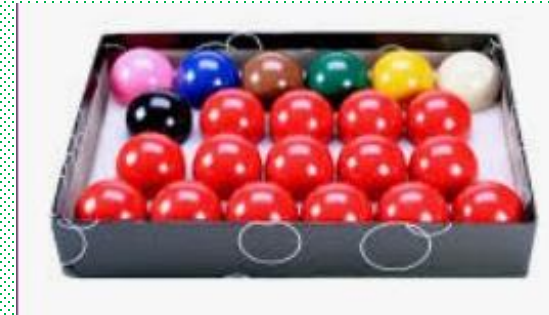
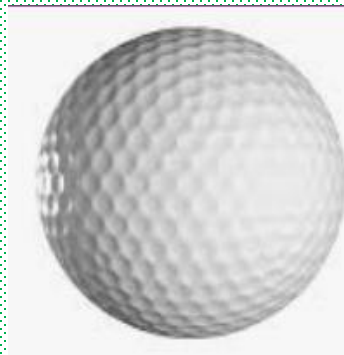
Quiz

Week 7

Sporting Balls

Can you work out what sport it is by the ball that is used?

The answers will be on the last slide



Quiz Week 8

Sporting Maths Questions

The answers will be on the last slide.

During a football season, Palmer Academy Rovers take between 45 to 50 goal kicks.

When the goal kicks are counted in 5s, there is 1 remainder. How many goal kicks did the team score?

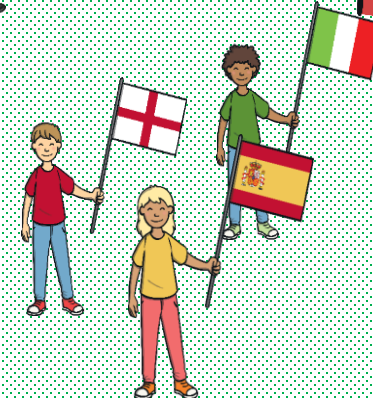
During half time at a football match, there is a marching band. There are 12 musicians. $\frac{1}{4}$ of them play the drum. How many musicians are playing the drum?

A football club has between 60 and 70 footballs. When the footballs are grouped in 10s, there are 4 footballs left over. How many footballs are there?



At a football training session, the players are practising headers. The defenders complete 14 headers. The midfielders complete 6 more headers than the defenders. How many headers are completed altogether?

Flag bunting is 2 metres long. On the bunting, each flag measures 10cm in length. How many flags are on the bunting?



At a football match, there are between 70 and 80 fans cheering their teams on. The sum of the digits is 13. How many fans are there?

Quiz Week 9

A-Z of Sports

The answers will be on the last slide.

Challenge

Try to think of a sport or sports person for each letter of the alphabet.

You could use the Internet or non-fiction books to research lesser-known sports.

A _____ K _____ U _____

B _____ L _____ V _____

C _____ M _____ W _____

D _____ N _____ X _____

E _____ O _____ Y _____

F _____ P _____ Z _____

G _____ Q _____

H _____ R _____

I _____ S _____

J _____ T _____



Quiz Week 10

Sports Day Comprehension

The answers will be on the last slide.

Sports Day

Sports Day is a fun morning, afternoon or full day where children take part in different sporting activities at school and families come to watch. It is usually held outside, on the school field or playground. It usually happens in the summer term, during May, June or July.



Competition Time

- Some schools choose to have Sports Day just for fun and some make it a competition, where children score points for their team or school house.
- The winning team sometimes wins a trophy!
- You might earn a rosette, certificate or medal too.

Which Sporting Activities Are There?

Every school chooses their own sport activities to include. There are many different races, including running, egg and spoon, space hopper, mini-hurdles, dressing up, skipping, sack, three-legged, bat and ball, obstacle and relay. Some schools also have an adults' race for parents and adult family members, and a toddler race for younger brothers and sisters.



Questions

1. **Tick two:** Places at school where Sports Day usually takes place are...
 - inside the classroom
 - on the school field
 - on the playground
 - in the library
2. In which term does Sports Day usually happen?
 - autumn term
 - spring term
 - summer term
3. **Tick two:** Things you might earn on Sports Day are...
 - a pen
 - a rosette
 - a test
 - a certificate
 - a medal
4. Find and copy one word which means 'picks'.
5. Complete the sentence by adding the missing word.
Some schools choose to have Sports Day just for and some make it a competition.

Quiz Week 11

Counting in 10s Maze

The answers will be on the last slide.


Counting in 10s Maze



Help the footballer to score a goal by finding the path through the maze counting back in tens from 160.



	160	20	30	50	10	90	70	
	150	<input type="text"/>	40	<input type="text"/>	20	<input type="text"/>	40	
	140	40	50	60	70	30	60	
	130	<input type="text"/>	60	<input type="text"/>	80	<input type="text"/>	80	
	120	110	100	70	90	20	100	
30	20	<input type="text"/>	50	<input type="text"/>	100	<input type="text"/>	40	
50	<input type="text"/>	70	20	80	100	110	20	80
10	20	80	<input type="text"/>	70	<input type="text"/>	120		
80	<input type="text"/>	80	<input type="text"/>	70	<input type="text"/>	120		
50	110	60	80	60	160	130		
90	<input type="text"/>	100	<input type="text"/>	50	<input type="text"/>	10		
20	50	90	10	40	30	20		



Quiz Week 12

Maths Mosaic

The answers will be on the last slide.

Solve the maths problems to reveal the hidden picture.
Each answer has a special colour.

4, 10, 35, 60 = **purple**

16, 18, 45, 70 = **brown**

15, 22, 100 = **black**

14, 20, 30, 40 = **white**

6, 8, 80, 90 = **blue**


4×5	10×2	5×3	11×2	4×5	6×5	9×2	10×3	4×10
8×5	2×10	10×7	10×10	5×6	9×5	4×5	7×2	2×10
4×5	5×8	5×6	10×7	1×4	3×10	4×10	2×3	4×2
10×2	6×5	2×2	2×8	1×10	4×10	6×5	2×9	7×2
5×6	10×7	4×5	2×5	7×5	6×10	8×2	4×5	3×10
9×5	4×10	5×6	2×10	12×5	4×1	10×1	2×10	4×10
7×2	2×10	10×2	4×5	5×7	10×6	3×10	4×10	7×2
2×10	5×6	8×5	4×5	9×2	7×2	2×10	3×10	4×5
3×10	7×2	3×10	2×10	10×7	10×2	7×2	4×5	3×10
8×5	4×5	2×10	8×10	10×9	2×10	4×5	7×2	8×5

Quiz Week 13

Wordsearch

The answers will be on the last slide.


f	i	n	i	s	h	l	i	n	e	v	c
u	i	a	c	t	i	v	i	t	i	e	s
n	a	r	o	o	h	w	d	a	q	y	i
t	d	g	s	g	r	a	k	f	f	q	g
t	r	g	d	t	f	t	s	p	h	f	q
h	v	a	s	d	s	e	c	o	n	d	d
i	a	d	c	l	a	r	o	i	x	o	s
r	z	z	t	e	a	m	r	n	g	l	u
d	a	b	m	f	g	a	e	t	h	j	n
x	j	r	a	a	s	f	g	s	a	o	h
s	p	e	c	t	a	t	o	r	s	i	a
s	u	n	c	r	e	a	m	o	f	z	t



fun
team
water
sun cream
sun hat

finish line
first
second
third
points

score
spectators
activities
race



Change 4 Life Shake Up Games – Week 1

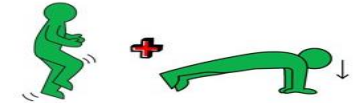
Simba's Mighty Roar Jumps



You're going to be a mighty king. Time to work on your roar!

How to play...

1 Run on the spot, then do a press-up.



2 Next, jump up and do your best lion roar.
Repeat and add in other animal noises for fun.



3 See if your friends can follow your moves.



4 Can you keep going for 10 minutes?



Please send text, pictures or videos of your child taking part in one of the activities set in this powerpoint. Email them to your child's teacher who will forward it on to the PE department.

Change 4 life Shake Up Games – Week 2

Sloth, Sloth, Bunny



The sloths are known for being the slowest animals in Zootropolis, but with officer Judy on your tail, will you pick up speed and out-run her?

How to play...

1 Everyone sits in a big circle, and marks out their seat with a t-shirt or cushion.



2 One person is the caller and starts by jogging around the circle tapping on the shoulders of the others saying "Sloth", "Sloth", until on 1 person they decide to call "Judy".



3 Judy gets up and chases after the caller who runs around the circle to take Judy's seat without getting caught.



4 If Judy does not catch the caller, they become the caller.



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Change 4 life Shake Up Games – Week 3

Bo Peep's Herd and Seek



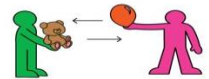
Bo Peep has lost her sheep. Can you race around and herd them back home?

How to play...

1 Grab 10 toys and 2 towels.



2 The toys are your sheep. Share them equally between yourself and a friend.



3 Use the towels to make a home for your sheep.



4 You hide your friend's 5 toys, then they hide your toys.



5 On the count of 3, both go and find your sheep and bring them home to the pen. The first one to find their 5 toys wins! Keep playing for 10 minutes.



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Change 4 life Shake Up Games - Week 4

<https://www.nhs.uk/change4life>

Lightning McQueen's Track Race

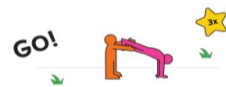
- 1 Grab some friends and mark out a race track outside.



- 2 Get into pairs, then choose 1 person to hold the other's legs so they can walk on their hands.



- 3 Say "On your marks, get set, go!" and race around the track 3 times.



- 4 Swap over and race again.



- 5 Which team can win the most races in 10 minutes? If there's only 1 team, race against the clock.



Together with Cruz Ramirez, the legendary Lightning McQueen has to train harder than ever. Have you got the horsepower to win your race?

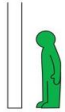
Please send text, pictures or videos of your child taking part in one of the activities set in this powerpoint. Email them to your child's teacher who will forward it on to the PE department.

Change 4 life Shake Up Games – Week 5

Eye on Olaf

<https://www.nhs.uk/change4life>

- 1** The youngest player starts as Olaf, who stands facing a wall.



- 2** Everyone else are the slices of cake – they must line up 10 paces away.



- 3** When Olaf is looking away, they must race to try to touch Olaf. The first one to do it becomes Olaf next.



- 4** But Olaf can turn around at any time – if he sees you moving, you've got to go back to the start.



- 5** Keep a count of how many times you become Olaf – the person who has the highest score after 10 minutes is the winner.



Olaf is told to keep an eye on the cake while Elsa goes to get Anna ready for her birthday surprise. Can you keep your eye on the cake?

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Change 4 life Shake Up Games – Week 6

Hiro Says

<https://www.nhs.uk/change4life>

How to play...

- 1 Choose 1 person to be Hiro. You could give them a Hiro mask, if you have one.



- 2 Whenever they say "Hiro says", everyone must do the action. For example, "Hiro says: jump up and down!".



- 3 But if the caller doesn't say "Hiro says", nobody should do the actions – if they do, they must run around the circle 3 times!

run around
the circle
3 times!



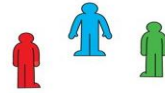
You better listen to Hiro!

Please send text, pictures or videos of your child taking part in one of the activities set in this powerpoint. Email them to your child's teacher who will forward it on to the PE department.

Change 4 life Shake Up Games – Week 7

<https://www.nhs.uk/change4life>

1 Stand in a circle.



2 The first person comes up with a Maui-style move like stamping your feet.



3 The next person copies it, then adds their own.



4 Keep going around the circle adding moves.



5 Can you perform your moves for 10 minutes?

Keep going
for 10 mins 



The greatest demigod of all the Pacific Islands, Maui performs his powerful Haka when he battles the ocean's fiercest monsters. Can you match Maui's magnificent moves?

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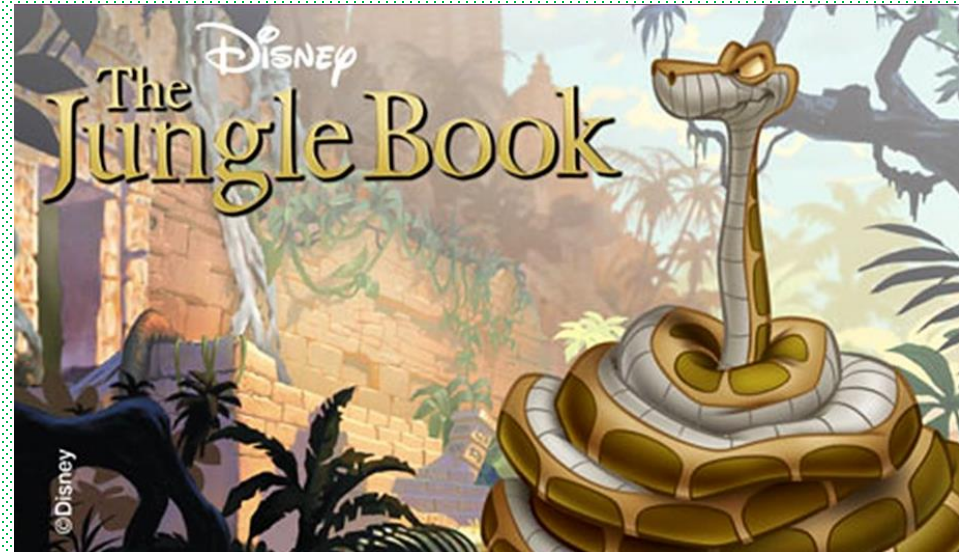
Change 4 life Shake Up Games – Week 8

Kaa's Snake Race

<https://www.nhs.uk/change4life>

How to play...

- 1 Mark out a short circular course outside with old t-shirts and lie down on your tummy at the start line.
- 2 On the word "Sssss-tart", begin slithering around the course.
- 3 Stay in contact with the ground – just like a real snake. Remember to hisssss loudly as you go.
- 4 How many times can you slither around the course in 10 minutes?



Are you as fasssst as a ssssssnake? Lie down on your tummy and sssslither around the coursssssssse!

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Change 4 life Shake Up Games – Week 9

<https://www.nhs.uk/change4life>

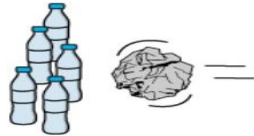
Merida's Target Practice

How to play...

- 1** Split into 2 teams. Grab empty plastic bottles and scrunch up old newspaper to make balls.



- 2** Set the bottles up and take it in turns to throw or roll the ball towards the bottles.



- 3** Run after the ball and throw it back to the next player.



- 4** The team that knocks over their bottles first wins!



Is your aim as good as Merida's? Prove it by knocking over as many bottles as you can in 10 minutes!

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Change 4 life Shake Up Games - Week 10

Cinderella's Pumpkin Race

<https://www.nhs.uk/change4life>

How to play...

- 1 Create a circular obstacle course with cushions, sofas and chairs.



- 2 On the words "Go to the ball" dance off around the course - but don't touch the floor or you'll have to do 10 star jumps!



- 3 Make it harder by carrying something on your head, like a tiara.



- 4 How many laps can you do in 10 minutes?



Can you help Cinderella get to the ball without her coach getting turned back into a pumpkin?

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Change 4 life Shake Up Games – Week 11

Be Lumiere's Guest

<https://www.nhs.uk/change4life>

1 Mark out a line with a skipping rope or some string. Along 1 side, place cushions or toys at different distances away from the line.



2 Now stand on the line and pose like Lumiere by standing on one leg, putting your arms in the air at right angles like a candlestick.



3 You're against the clock! Jump along the line holding your pose, then pick up each item and move it to the other side – make sure your feet do not leave the line.



4 Be careful – if you lose your balance or drop anything, you must go back to the start.



5 If friends want to play, take it in turns and time yourself to see who can do it the quickest.



When Lumiere shows Belle all the culinary delights of the castle, he puts on a fantastic show. Now it's your turn to prepare for another great party!

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Change 4 life Shake Up Games -

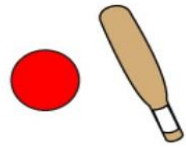
Week 12

Rapunzel's Frying Pan Cricket

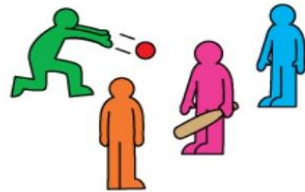
<https://www.nhs.uk/change4life>

How to play...

- 1 Grab a soft ball and a bat or rolled-up newspaper.



- 2 Choose a player to be Rapunzel. The rest stand in a circle around her and each throw the ball at her legs while she tries to block it with the bat.



- 3 If you catch the ball or hit her legs, you become Rapunzel.



Can you protect your wicket as well as Rapunzel protects her tower? Keep the ball at bay using your super swing!

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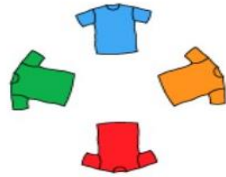
Change 4 life Shake Up Games – Week 13

Mike and Sulley's Scare Challenge

<https://www.nhs.uk/change4life>

How to play...

- 1 Spread out lots of t-shirts on the floor.



- 2 Shout "Roaaaaaar!" then jump from t-shirt to t-shirt. Be careful not to touch the floor.



- 3 If you touch the floor, you have to do 20 star jumps.



Can you creep around the room as you scare like Mike and Sulley?

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Healthy Recipes

Pizza pitta faces recipe

Get the kids to help make these silly faces – they're such fun to eat!



Prep time

5 mins

Cooking time

5 mins

Effort

Super easy

Serves

4

Ingredients

4 wholemeal pitta breads

4 tsp tomato purée

1 tsp dried mixed herbs

8 thin cucumber slices

6 cherry tomatoes, halved

1 yellow or red pepper, deseeded and sliced crossways

40g reduced-fat cheese, grated

Method



1 Preheat the grill.

If you prefer, cook these in an oven preheated to 180°C, fan oven 160°C, gas mark 4 for 8-10 minutes.

2 Spread 1 tsp of **tomato purée** over one side of each pitta bread. Sprinkle with the **dried mixed herbs**.

3 Arrange the **cucumber** and **halved tomatoes** on the pittas to resemble 'eyes', halved tomatoes for the 'noses', the **sliced pepper** to look like 'eyebrows' and 'mouths', and the **grated cheese** for 'hair' or 'beards'. Place on the grill rack.

4 Grill for 4-5 minutes. Cool for a few moments, then serve.

You could use white pitta breads, although the wholemeal ones give you more fibre.

Healthy Recipes

Choc cherry popcorn cakes recipe

Make a healthier version of chocolate crispy cakes with this popcorn recipe.



Ingredients

2 tsp vegetable oil

100g popping corn

2 egg whites

2 tsp unsweetened cocoa powder

65g dried cherries, chopped

Method



- 1 Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Put 14 paper bun cases into bun trays.
- 2 Heat the vegetable oil in a large heavy-based saucepan with a tight-fitting lid. Add the **popping corn**, put the lid on and shake the pan to coat the kernels in the oil. Put the pan over a medium-high heat. The kernels will begin to pop, and when they do, carefully shake the pan occasionally.

A few popcorn kernels might not pop - just remove them.
- 3 When the popping subsides, remove from the heat. Cool for 5 minutes.
- 4 Whisk the **egg whites** and **cocoa powder** together in a large bowl. Stir in the cooled popcorn and **dried cherries**. Share the mixture between the bun cases, then bake for 8-10 minutes until set. Cool.

Healthy Recipes



Traffic light omelettes recipe

Ingredients

2 tsp vegetable oil

1 red pepper, deseeded and chopped

1 yellow pepper, deseeded and chopped

6 spring onions, finely chopped

8 eggs

4 tbsp 1% fat milk

1 pinch ground black pepper

Prep time

10 mins

Cooking time

15 mins

Effort

Medium effort

Serves

4

Method



1 Heat 1tsp vegetable oil in a non-stick frying pan. Add the **peppers** and **spring onions**, and stir-fry for 3-4 minutes until soft. Tip them out of the pan into a bowl. Wipe out the pan with kitchen paper. Preheat the grill.

You'll find that a really good non-stick frying pan is very useful - and the omelettes won't stick!

2 Beat the **eggs** and **milk** together. Heat a few drops of vegetable oil in the non-stick frying pan and pour in one quarter of the egg mixture. Let it flow over the surface and cook for 1-2 minutes to set the base.

3 Sprinkle one quarter of the pepper mixture evenly over the surface, then grill for 1-2 minutes until set. Slide onto a warm plate.

4 Repeat with the remaining mixture to make four omelettes. Serve, seasoned with black pepper.

Healthy Recipes

Good old fish 'n' chips recipe

Ingredients

4 potatoes, scrubbed, each cut into 8 wedges

1 tbsp vegetable oil

75g dried white or wholemeal breadcrumbs

1 egg, beaten with 2 tbsp cold water

4 fillets skinless white fish, like haddock, cod or pollock

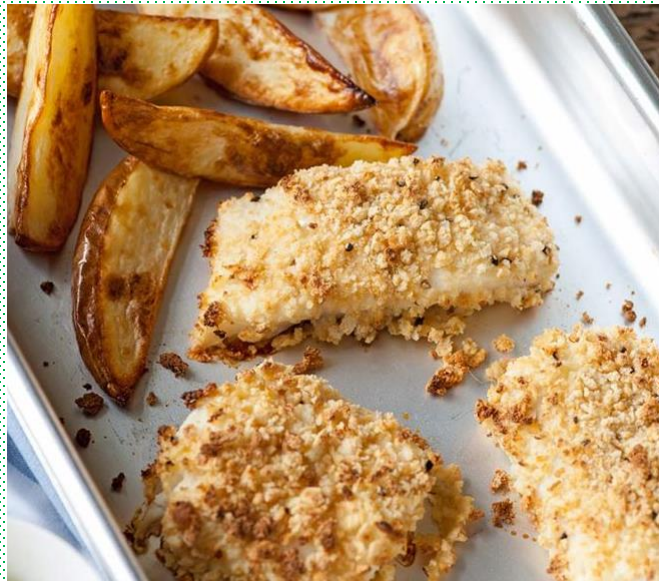
Swappable or optional

300g mushy peas

1 pinch ground black pepper (optional)

Swap tip

You can use any frozen, fresh or canned peas if you don't have mushy ones.



Method



- 1 Preheat the oven to 200°C/fan oven 180°C/gas mark 6. Lightly grease a baking sheet with a little vegetable oil.
- 2 Put the **potato wedges** into a roasting tin. Add the remaining vegetable oil and toss to coat. Season with black pepper. Transfer to the oven to bake for 35-40 minutes, turning them over after 20 minutes.

Not peeling the potatoes means you get more fibre in your diet - and they're quicker to prepare.

- 3 Meanwhile, sprinkle the **breadcrumbs** onto a large plate. Season with a little pepper. Dip each **fish fillet** in the **beaten egg**, then coat in the breadcrumbs. Place on the baking sheet, then transfer to the oven when you turn the potatoes, so that it cooks for 15-20 minutes. To check that the fish is cooked, it should flake easily when tested with a fork.

Look out for dried breadcrumbs flavoured with lemon or spices to add extra flavour to the fish, or add some finely grated lemon zest or a pinch of paprika to plain dried breadcrumbs.

- 4 Heat the **mushy peas** in a saucepan, then serve with the fish and 'chips'.

Prep time

20 mins

Cooking time

20 mins

Effort

Medium effort

Serves

4

Healthy Recipes

Jerk-style chicken skewers recipe

Ingredients

1 clove garlic, crushed

Juice of ½ lemon

1 tbsp olive oil

1-2 tsp jerk seasoning, to taste

2 skinless, boneless chicken breasts, cut into 12 large chunks

1 red pepper, cut into 16 chunks

1 onion, quartered and separated to give 16 pieces

To serve:

4 sweetcorn cobs



Method



- 1 Soak 4 wooden skewers in water for about 30 minutes.
- 2 Mix the **garlic**, **lemon juice** and **olive oil** with 1 tsp **jerk seasoning** (or 2 tsp if you prefer a spicier flavour). Stir in the **chicken** and set aside while you prepare the vegetables.

- 3 Thread a piece of **pepper** onto a skewer, then **onion**, then chicken, finishing with onion.

Try other vegetables like mushrooms and courgettes - or even fruit like mango or pineapple.

- 4 Cook on the barbecue for 8-10 minutes, turning frequently. Alternatively, cook under a preheated grill.

- 5 Meanwhile cook the **sweetcorn cobs** in boiling water, or on the barbecue for 6-8 minutes.

Prep time

20 mins

Cooking time

10 mins

Effort

Medium effort

Serves

4

Healthy Recipes

Easy banana ice cream recipe



Ingredients

4 very ripe bananas

Method



- 1** Peel and slice the **bananas** - use 1 banana per person.
- 2** Freeze for at least 2 hours, or overnight.
- 3** Add to a food processor and blend until smooth and creamy. Scoop into bowls and tuck in!

Prep time

125 mins

Cooking time

None

Effort

Super easy

Serves

4

Healthy Recipes

Super savoury rice recipe

Ingredients

1 tsp vegetable oil

1 medium onion, finely chopped

100g closed-cup mushrooms, sliced

150g easy-cook long grain white rice

300ml reduced-salt vegetable or chicken stock

75g frozen peas

100g baby sweetcorn, sliced

1 tsp curry powder

1 tomato, chopped

Method



Print

- 1 Heat the **oil** in a saucepan and fry the **onion** for 2-3 minutes, then add the **mushrooms** and cook for a further 2 minutes.
- 2 Stir in the **rice**, then add the **stock, peas, baby sweetcorn** and **curry powder**. Stir well. Bring to the boil, turn down the heat and simmer for about 15-20 minutes, until the rice is tender, adding more water if necessary.
- 3 Serve the rice in bowls and sprinkle the **tomato** on top.

Add a pinch of dried chilli flakes or mixed dried herbs to flavour the rice.

Add 100g of frozen mixed vegetables instead of the baby sweetcorn.



Prep time

10 mins

Cooking time

30 mins

Effort

Medium effort

Serves

4

Healthy Recipes

A simple tray bake mix of Mediterranean veg and potatoes makes an easy, delicious, vibrant dinner - with minimal washing up!

Method



- 1 Preheat the oven to 200C/180C fan/gas mark 6.
- 2 Put the **potatoes, chopped vegetables** and **pine nuts** in a large roasting tin. Drizzle with the **oil** and toss to coat. Bake for 20 minutes, or until tender.

You can swap the fresh veg for 400g of frozen Mediterranean vegetables to speed up the prep.
- 3 Add the **pesto**, if using, and bake for another 5 minutes. Serve immediately.

Mediterranean potato bake recipe



Ingredients

800g salad potatoes, thickly sliced
50g pine nuts, chopped

1 tsp olive oil

Swappable or optional

1 courgette, sliced

1 aubergine, sliced

1 red pepper, deseeded and sliced

1 yellow pepper, deseeded and sliced

1 tbsp red pesto (optional)

Swap tip

Swap in veg like chopped broccoli, a few mushrooms or whatever you have! Remember, you can always swap fresh vegetables for tinned or frozen.

Prep time

10 mins

Cooking time

25 mins

Effort

Super easy

Serves

4

Healthy Recipes

Turkey burgers recipe

Method



- 1 Preheat the grill to a medium-high heat.
- 2 Put the **turkey meat**, **onion**, **carrot**, **sweetcorn** and **herbs** into a large bowl. Season with some **pepper** and mix together – you can do this with your hands if you like.

If your family likes things spicy, add a pinch of chilli powder to the burger mixture.

- 3 Grill the burgers for 12 to 15 minutes, turning them over once, until browned and cooked through. Remove from the grill and let rest for a couple of minutes.
- 4 While the cooked burgers are cooling, lightly toast the **burger buns** under the grill on the cut side only. Put some **lettuce** on the bottom halves and place the burgers on top. Add 2 slices of **tomato** onto each one and cover with the top half of the bun.



Ingredients

- 450g minced turkey
- 1 small onion, very finely chopped
- 1 carrot, grated
- 50g sweetcorn
- 2 tsp dried mixed herbs
- 1 pinch ground black pepper
- 4 standard burger buns, cut in half
- 2 handfuls lettuce leaves
- 8 tomato slices

Prep time

15 mins

Cooking time

15 mins

Effort

Super easy

Serves

4

Healthy Recipes

Ingredients

125g dried egg noodles, medium or fine

1 small orange, juiced

1 tbsp reduced-salt soy sauce

1 tbsp cornflour

1 tbsp vegetable oil

350g skinless turkey breast, cut into strips

5 spring onions, thinly sliced

1 pepper, any colour, deseeded and thinly sliced

1 carrot, cut into thin strips

2 celery sticks, thinly sliced

1 handful mushrooms (cup or button), sliced

1 pinch ground black pepper

Method



- 1 Put the **noodles** into a heatproof bowl and cover with boiling water. Soak for 6 minutes, or follow the instructions on the packet.

If you prefer, leave out the noodles and cook 150g long grain rice to serve with the stir-fry.

- 2 Next, mix together the **orange juice, soy sauce** and **cornflour** until smooth. Set to one side. Heat the oil in a wok or very large frying pan.

- 3 Add the **turkey** and stir-fry briskly for 3-4 minutes. Add the **spring onions, pepper, carrot, celery** and **mushrooms**. Stir-fry over a high heat for another 3-4 minutes, until the turkey is cooked. The vegetables should remain crisp and crunchy.

For a vegetarian version, replace the turkey with a 300g pack of firm tofu cut into chunks, or Quorn chicken-style pieces.

- 4 Give the orange juice mixture a good stir, then add it to the stir-fry and cook for a few moments until thickened. Drain the noodles well, then add them to the turkey mixture. Serve at once.

Turkey stir-fry recipe

Quick, colourful and very good for you, this simple turkey stir-fry tastes superb.



Prep time

15 mins

Cooking time

10 mins

Effort

Medium effort

Serves

4

Healthy Recipes

Method



1 Put the **flour** into a large jug or mixing bowl. Add the **egg** and **milk** and beat with a wire whisk or a hand-held electric beater to make a smooth batter.

You could use half plain and half wholemeal flour to get more fibre into your diet.

2 Heat a pancake pan or non-stick frying pan. Add 2-3 drops of vegetable oil. Pour in a quarter of the batter, and tilt the pan so that it flows evenly over the surface. Cook over a medium heat for 1-2 minutes until set, then flip over to cook the other side. Make 4 pancakes in total, adding 2-3 drops of oil to the pan for each one. Keep the pancakes in a warm place until all of them are cooked.

If you have time, leave the batter to stand for 10 minutes, though stir before adding to the pan.

3 Heat the remaining **oil** in the frying pan and add the **apple slices**, cooking them over a medium-high heat for 3-4 minutes, and turning often. Sprinkle the **sugar** over them and cook for another few moments until lightly browned. Add the **lemon zest and juice**, stir to coat, then remove from the heat.

If you like, add a sliced banana to the frying pan with the lemon zest and juice, and mix with the apple before sharing between the pancakes.

4 Serve one pancake per person, topped with the caramelised apples.

Prep time

10 mins

Cooking time

12 mins

Effort

Medium effort

Serves

4

Ingredients

75g plain flour

1 medium egg

200ml semi-skimmed or 1% fat milk

2 tsp vegetable oil

1 eating apple, cored and thinly sliced

1 tsp caster sugar

finely grated zest and juice of 1 lemon

Pancakes with caramelised apples recipe

Pancakes are quick and tasty all year round - so don't just leave them for Shrove Tuesday.



Healthy Recipes

Bang-tasty chicken drummers recipe

Method



- 1 Put the **tomato purée**, **reduced-salt soy sauce** and **lemon juice** into a mixing bowl (not a metal one). Mix well and season with black pepper. Add the **chicken drumsticks**, turning to coat them in the mixture. Cover and refrigerate for at least 30 minutes, or overnight if preferred.

Chicken skin has a high fat content, so that's why it's best to remove it.

- 2 When ready to cook, preheat the oven to 200°C/fan oven 180°C/gas mark 6. Arrange the drumsticks in a foil-lined roasting tin and roast for 30 minutes, brushing them with the remaining glaze after 20 minutes.
- 3 While the chicken is roasting, boil the **potatoes** and **carrots** in separate saucepans until tender - they will take about 20 minutes. Put the **peas** on to cook in a little boiling water, 5 minutes before the chicken is ready.
- 4 Drain and mash the potatoes, beat in the **milk** and season with black pepper. Serve with the chicken drumsticks, carrots and peas.

Ingredients

2 tsp tomato purée

2 tsp reduced-salt soy sauce

2 tbsp lemon juice

8 skinless chicken drumsticks

880g potatoes, peeled and cut into chunks

4 (or 320g) carrots, sliced

320g frozen peas

4 tbsp 1% fat milk

1 pinch ground black pepper

1 pinch ground black pepper

Prep time

20 mins

Cooking time

30 mins

Effort

Medium effort

Serves

4



Bang-tasty chicken drummers are so simple, yet deliciously tasty!

Healthy Recipes

Smart beans on toast recipe

Ingredients

Method



Print

1 red pepper, deseeded and finely chopped

4 spring onions, finely chopped

1 x 420g can reduced-salt and sugar baked beans

150g mushrooms, sliced

16 cherry tomatoes, halved

4 medium slices wholemeal bread

4 tsp lower-fat spread

Freshly ground black pepper

1 Put the **pepper** and **spring onions** into a large saucepan with 3 tbsp of water. Cook for 2-3 minutes over a low heat, until the water has evaporated.

2 Add the **beans**, **mushrooms** and **cherry tomatoes** to the saucepan and heat gently for 5-6 minutes, stirring often, until the beans are piping hot. Meanwhile, toast the **bread**.

If you don't have any spring onions, you can always use finely chopped onion.

3 Spread each piece with 1 tsp of **lower-fat spread**. Pile the beans on to the toast and serve, sprinkled with **black pepper**.

Prep time

10 mins

Cooking time

10 mins

Effort

Super easy

Serves

4



A little clever thinking adds more veg to the beans to make the meal a little smarter – and tastier!

Useful Websites

<https://www.nhs.uk/change4life>

<https://www.nhs.uk/live-well/>

<https://www.fitnessblender.com/>

<https://www.thisgirlcan.co.uk/>

<https://www.seattletimes.com/life/at-home-with-kids-because-of-coronavirus-closures-here-are-23-fun-activities-using-stuff-you-already-have/>

<https://www.thecut.com/article/indoor-activities-for-kids.html>

<https://www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

Quiz Week 1 Answers

Motorcross	Boxing	Basketball	Snooker	Fencing	Horse Racing	Sprinting
Baseball	American Football	Volleyball	Weight Lifting	Gymnastics	Netball	Hockey
Football	Tennis	Ice Skating	Ice Hockey	Golf	Cricket	Rugby

Quiz Week 2 Answers

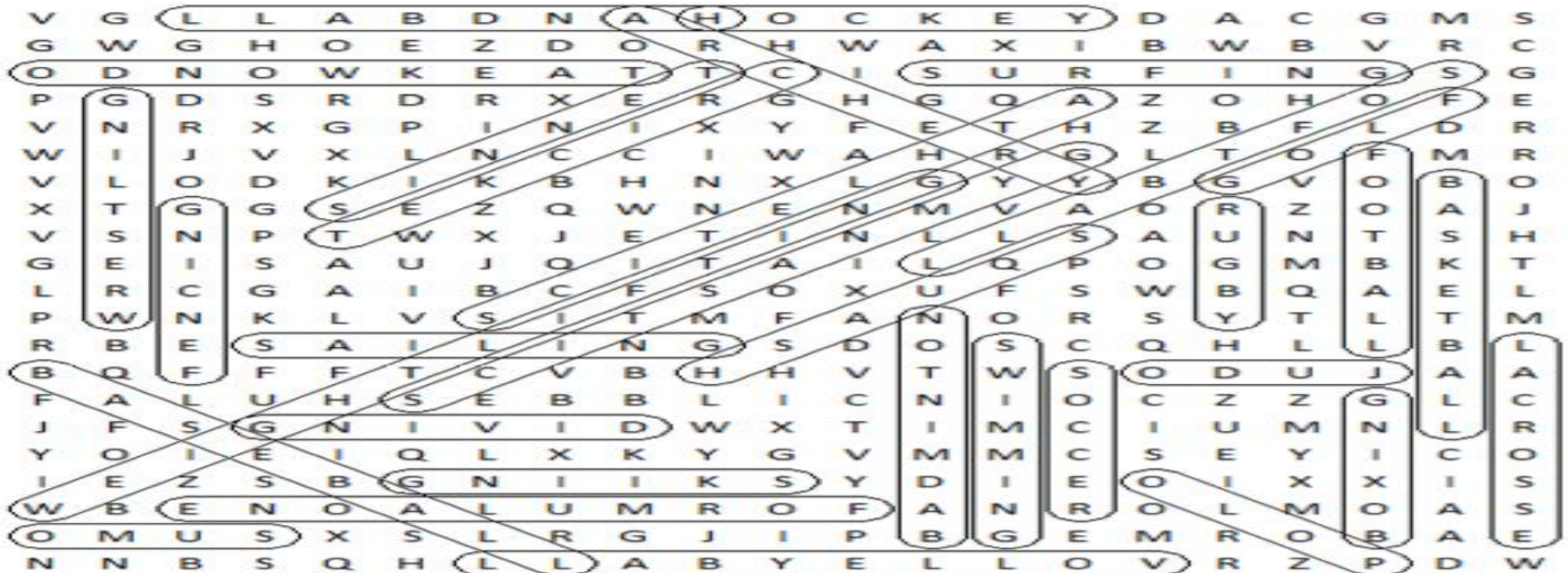
Quiz Questions

1. If I score 4 baskets in basketball in the semi circle area, and 1 outside the semi circle, many points do I have? **11**
2. Which wizarding sport played on broomsticks does Harry Potter play? **Quidditch**
3. Name the golfer whose first name is the same as a big cat? **Tiger Woods**
4. Which country does footballer Lionel Messi play for? **Argentina**
5. How many rings are there on the Olympic flag? **5**
6. How many points do you get if you score a try in rugby? **5**
7. Which type of swimming stroke has the same name as a flying insect? **Butterfly**
8. Is Mo Farah a champion at athletics, football, swimming or tennis? **Athletics**
9. What is the name of the object that is hit in badminton? **Shuttlecock**
10. A caddy is the person who carries a player's bag in which sport? **Golf**
11. What is the name of the person who rides a horse in horse racing called? **Jockey**
12. How many goals are scored if a player has a hat-trick? **3**
13. Which country won the 2019 Rugby World Cup? **South Africa**
14. Name 5 netball positions. **Goalkeeper, Goal Defence, Wing Defence, Centre, Wing Attack, Goal Attack, Goal Shooter**

Quiz Week 3 Answers

Sports Word Search

SOLUTION



Quiz

Week 4

Sporting Stars

Can you name all of these famous sporting stars?



Lionel Messi



Simone Biles



Antony Joshua



Roger Federer



Usain Bolt



LeBron James



Serena Williams



Steph Houghton



Katarina Johnson-Thompson



Dina Asher-Smith



Ben Stokes



Tyson Fury



Cristiano Ronaldo



Owen Farrell

Quiz

Week 6

Sport Crossword

Can you use the picture clues to work out the answers?

The answers will be on the last slide

1. Basketball
2. Waterskiing
3. Gymnastics
4. Volleyball
5. Cycling
6. Running
7. Football
8. Judo
9. Sailing
10. Baseball
11. Highjump
12. Tennis
13. Tabletennis
14. Skiing
15. Fencing
16. Skating
17. Golf
18. Swimming
19. Canoeing
20. Riding

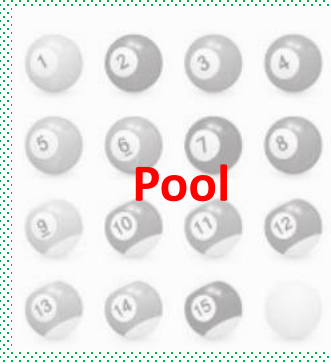
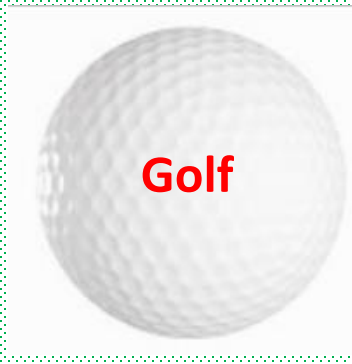
The crossword puzzle grid consists of 20 numbered clues. The clues are as follows:

1. Down: Basketball
2. Down: Waterskiing
3. Down: Gymnastics
4. Down: Volleyball
5. Down: Cycling
6. Down: Running
7. Down: Football
8. Down: Judo
9. Down: Sailing
10. Down: Baseball
11. Down: Highjump
12. Down: Tennis
13. Down: Tabletennis
14. Down: Skiing
15. Down: Fencing
16. Down: Skating
17. Down: Golf
18. Down: Swimming
19. Down: Canoeing
20. Down: Riding

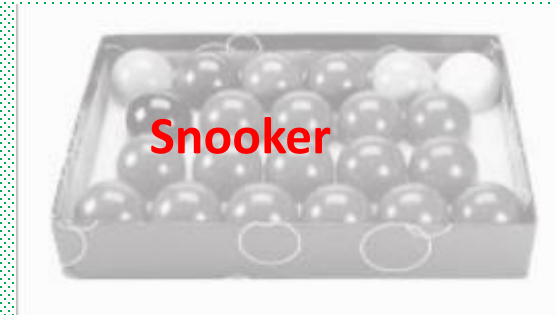
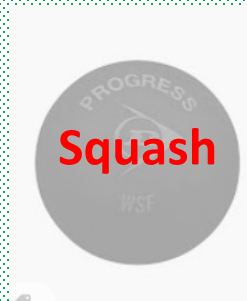
The illustrations for the clues are:

1. Basketball hoop and ball
2. Person waterskiing
3. Gymnastics rings
4. Volleyball net and ball
5. Person on a bicycle
6. Person running
7. Soccer ball
8. Judo gi
9. Sailboat
10. Baseball bat and glove
11. Person highjumping
12. Tennis racket and ball
13. Table tennis paddle and ball
14. Ski boots and skis
15. Fencing foil and epee
16. Ice skates
17. Golf club and ball
18. Person swimming
19. Canoe and paddle
20. Riding helmet, boots, and saddle

Quiz Week 7



Sporting Balls



Quiz Week 8

Sporting Maths Questions

The answers will be on the last slide.

Answer:
46 goal kicks

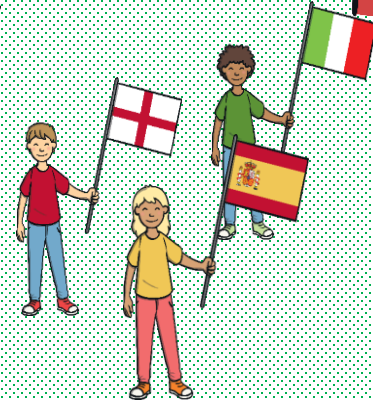
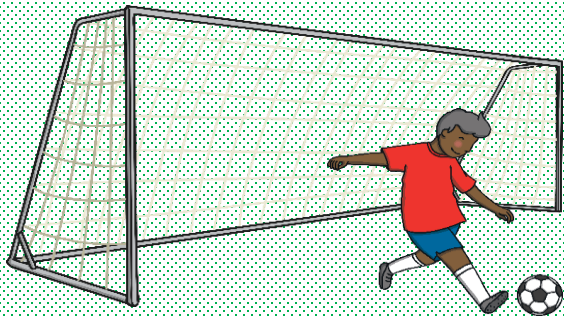
Answer:
3 drummers

Answer:
64 balls

Answer:
34 headers

Answer:
20 flags

Answer:
76 fans



Answers

1. **Tick two:** Places at school where Sports Day usually takes place are...

- inside the classroom
- on the school field
- on the playground
- in the library

2. In which term does Sports Day usually happen?

- autumn term
- spring term
- summer term

3. **Tick two:** Things you might earn on Sports Day are...

- a pen
- a rosette
- a test
- a certificate
- a medal

4. Find and copy one word which means 'picks'.

choose

5. Complete the sentence by adding the missing word.

Some schools choose to have Sports Day just for **fun** and some make it a competition.

Quiz Week 10

A-Z of Sports

Archery	Netball
Basketball	Open Water Swimming
Curling	Polo
Dodgeball	Quadriathlon
Equestrian	Rugby
Football	Snooker
Golf	Tennis
Hockey	Unicycling
Ice hockey	Volleyball
Judo	Wrestling
Karate	XC Skiing
Lacross	Yoga
Modern Pentathalon	Zourkhaneh

Quiz Week 11

Counting in 10s Maze

The answers will be on the last slide.

Counting in 10s Maze Answers



		160	20	30	50	10	90	70
		150	<input type="text"/>	40	<input type="text"/>	20	<input type="text"/>	40
		140	40	50	60	70	30	60
		130	<input type="text"/>	60	<input type="text"/>	80	<input type="text"/>	80
30	20	120	110	100	70	90	20	100
50	<input type="text"/>	50	<input type="text"/>	90	<input type="text"/>	100	<input type="text"/>	40
10	20	70	20	80	100	110	20	80
80	<input type="text"/>	80	<input type="text"/>	70	<input type="text"/>	120		
50	110	60	80	60	160	130		
90	<input type="text"/>	100	<input type="text"/>	50	<input type="text"/>	10		
20	50	90	10	40	30	20		



Quiz Week 12

Maths Mosaic

Solve the maths problems to reveal the hidden picture.
Each answer has a special colour.

4, 10, 35, 60 = **purple**

16, 18, 45, 70 = **brown**

15, 22, 100 = **black**

14, 20, 30, 40 = **white**

6, 8, 80, 90 = **blue**

4×5	10×2	5×3	11×2	4×5	6×5	9×2	10×3	4×10
8×5	2×10	10×7	10×10	5×6	9×5	4×5	7×2	2×10
4×5	5×8	5×6	10×7	1×4	3×10	4×10	2×3	4×2
10×2	6×5	2×2	2×8	1×10	4×10	6×5	2×9	7×2
5×6	10×7	4×5	2×5	7×5	6×10	8×2	4×5	3×10
9×5	4×10	5×6	2×10	12×5	4×1	10×1	2×10	4×10
7×2	2×10	10×2	4×5	5×7	10×6	3×10	4×10	7×2
2×10	5×6	8×5	4×5	9×2	7×2	2×10	3×10	4×5
3×10	7×2	3×10	2×10	10×7	10×2	7×2	4×5	3×10
8×5	4×5	2×10	8×10	10×9	2×10	4×5	7×2	8×5

Quiz Week 13

Wordsearch

The answers will be on the last slide.



Word Search Answers

f	i	n	i	s	h	t	i	n	e	v	c
u	i	a	e	t	i	v	i	t	i	e	s
n	a	r	o	o	h	w	d	a	q	y	i
t	d	g	s	g	r	a	k	f	f	q	g
t	r	g	d	t	f	t	s	p	h	f	q
h	v	a	s	d	s	e	e	e	n	d	d
i	a	d	c	l	a	r	o	l	x	o	s
r	z	z	t	e	a	m	r	n	g	l	u
d	a	b	m	f	g	a	e	t	h	j	n
x	j	r	a	a	s	f	g	s	a	o	h
s	p	e	e	t	a	t	e	r	s	i	a
s	u	n	e	r	e	a	m	o	f	z	t

Six Nations Rugby Scores

Answers

1. Which teams scored the most points? **England and Scotland**
2. Which team scored the fewest points? **Ireland**
3. Are the statements below about the number of points each team scored true or false?
 - F** Wales > England
 - T** Italy < France
 - T** England = Scotland
4. How many points did England and Scotland score altogether? **74**
5. How many more points did Wales score than Ireland? **18**
6. How many points did France, Italy and Wales score altogether? **64**